

This I Believe:

I believe that everyone should smile at at least ten people a day. It's a whole lot easier than frowning, and besides, everyone looks great when they're wearing a smile. Smiling gives warmth – to both the giver and the receiver. Not once, but many times, I've been the recipient of this lovely gift.

Take, for instance, last year, when I had just gotten back my Mathematics paper. Let it be suffice to say that Mathematics is not my strongest subject. Just when I was feeling unbelievably useless and disappointed in myself – my classmate smiled at me. And my mood instantly brightened! I didn't miraculously recover from my sadness, but in my heart lingered a warm and fuzzy feeling. That is why I believe in smiling: it gives hope and happiness to the people around me.

Imagine that person you smiled at was feeling upset before. Then, when you smiled at her, she felt better, knowing that someone in this world cared enough. Doesn't that make you feel all happy inside, like you've done a good deed for someone and changed an aspect of his/her life? No matter how small you think your smile was, the change it can make in someone's mood is astounding. The change it can make in *your* own mood is equally delightful. After I smile at someone, and especially if that person smiles back genuinely, I immediately feel a sort of giddy joy. It's pretty addictive.

You might ask me: what if you smiled at someone who was feeling happy already? I don't think that fact changes anything. Your smile will only serve to fuel his/her happiness, to raise his/her emotions that were already running high. Very possibly, that person you smiled at will spread the happiness by smiling at even *more* people. The number of people 'infected' by smiles will increase, second by second. There'd be more happy people in the world. And – it all started with YOUR smile!

Think about it: every small action has huge consequences. A single smile could change someone's life (I mean that in a small way. But you never know, you might one day smile at a lonely person who was planning on suicide, and thus change the course of his/her life). I mean, there's no risk involved, it's completely free of charge and you've nothing to lose. What are you waiting for?

To me, smiles are beautiful, beautiful things, and smiling will serve to make you look beautiful too! Like someone said, "I've never seen a smiling face that was not beautiful". That's true, I think. Smiling somehow changes your features into something more pleasant; a smile makes you glow. People look at your smile and they, too, feel heartened.

:) Here's a smile for you, dear reader, and I hope you pass it on to someone too!